

## Healthy & Safe Body Unit Overview

### A Grade 4 and 5 Health Education Curriculum

Lesson Title	Learning Objectives: SWBAT...	Lesson Outline
<b>Lesson 1: Spotlight on: Healthy Relationships</b>	<ul style="list-style-type: none"> <li>- Explore the characteristics of healthy relationships</li> <li>- Identify the skills needed to maintain healthy relationships of all kinds</li> </ul>	<ul style="list-style-type: none"> <li>• Brainstorm: Establishing Group Agreements</li> <li>• Brainstorm: What Makes a Healthy Relationship?</li> <li>• Red Light, Yellow Light, Green Light Activity</li> <li>• Pair Share: Media Relationships vs Real Life Role Models</li> <li>• Homework Assignment</li> </ul>
<b>Lesson 2: Spotlight on: Gender Roles in Advertising</b>	<ul style="list-style-type: none"> <li>- Explore the concept of gender roles &amp; body image</li> <li>- Identify stereotypical and non-stereotypical gender roles through exploring media, identifying the restrictions and potential harm stereotypes can cause</li> </ul>	<ul style="list-style-type: none"> <li>• Gender Stereotyping Activity through Magazine photos</li> <li>• Gender Stereotyping Activity through TV Ads</li> <li>• Media Sleuth: Worksheet</li> <li>• Homework</li> </ul>
<b>Lesson 3: My Body, My Self: Exploring Body Growth &amp; Care</b>	<ul style="list-style-type: none"> <li>- Identify how males and females experience puberty in different ways, both physically and emotionally</li> </ul>	<ul style="list-style-type: none"> <li>• Brainstorm: Defining Puberty</li> <li>• Puberty Activity</li> <li>• Self-Care Scenarios <i>or</i> Explore Puberty Survival Kits</li> <li>• Homework Assignment</li> </ul>
<b>Lesson 4: My Body, My Self: Staying Well</b>	<ul style="list-style-type: none"> <li>- Distinguish between illnesses caused by germs and those caused by other factors</li> <li>- Explain how are bodies have an immune system to fight infection</li> <li>- Identify ways to prevent the spread of germs, including needle education</li> </ul>	<ul style="list-style-type: none"> <li>• Immune System Information and Video</li> <li>• Germs/Illness Card Sort Activity</li> <li>• Needle Education</li> <li>• Zap the Germ Matching Activity</li> <li>• Homework Assignment</li> </ul>
<b>Lesson 5: Personal Safety: Boundaries</b>	<ul style="list-style-type: none"> <li>- Define sexual harassment, identify warning signs</li> <li>- Identify parents or other trusted adults to tell if being sexually harassed or abused</li> <li>- Demonstrate ways to treat others with dignity and respect</li> </ul>	<ul style="list-style-type: none"> <li>• Boundary Circle Activity</li> <li>• Fist Bump Activity</li> <li>• Behavior Investigation!</li> <li>• Assessment and Extension Activities</li> </ul>
<b>Lesson 6: Personal Safety: Online</b>	<ul style="list-style-type: none"> <li>- Compare and contrast online-only friends and in-person, face-to-face friends</li> <li>- Analyze why private information should not be given to anyone online without the permission of a trusted adult</li> <li>- Debate how to respond if online-only friend asks them personal questions</li> </ul>	<ul style="list-style-type: none"> <li>• You're in Charge! Activity</li> <li>• Stay Safe Activity</li> <li>• Talking Safely Online Assessment</li> </ul>

*Please note: All lessons begin with a Do Now Activity and end with an Exit Ticket.*